What is claimed is:

- 1. A trap frame for holding a net element disposed for receiving a sports object, said trap frame comprising
 - A) a face frame,

said face frame comprising a resilient archable member having a face frame first end and a face frame second end,

B) a base frame,

said base frame comprising a resilient archable member having a base frame first end and a base frame second end,

- C) a first connector disposable for connecting said base frame first end to said face frame first end, and
- D) a second connector disposable for connecting said base frame second end to said face frame second end,

wherein said first and said second connectors are constructed and arranged to determine the relative positions of said face frame with respect to said base frame.

- 2. The sports trap of claim 1, wherein said first and second connectors comprise one or more of curved connectors, spiral connectors, connectors forming a right angle, bracketed connectors forming a right angle, connectors forming an acute angle, bracketed connectors forming an acute angle, connectors forming an obtuse angle, bracketed connectors forming an obtuse angle, and connectors constructed and arranged to be adjustable to form a right angle, an acute angle or an obtuse angle between said face frame and said base frame.
- 3. The sports trap of claim 1, wherein one or more of said base frame first end and said face frame first end are constructed and arranged to be rotatable with respect to said first connector.
- 4. The sports trap of claim 1, wherein one or more of said base frame first end and said face frame first end are constructed and arranged to be fixed with respect to said first connector.

- 5. The sports trap of claim 1, wherein one or more of said base frame second end and said face frame second end, are constructed and arranged to be rotatable with respect to said second connector.
- 6. The sports trap of claim 1, wherein one or more of said base frame second end and said face frame second end, are constructed and arranged to be fixed with respect to said second connector.
- 7. The sports trap of claim 1, wherein said connector comprises one or more of metals, metallic alloys and synthetic materials.
- 8. The sports trap of claim 7, wherein said metals, metallic alloys and synthetic materials comprise one or more from the group consisting of aluminum, iron, steel, copper, brass and magnesium, and alloys thereof, and synthetic materials from the group consisting of fiberglass, carbon fiber, synthetic composites, and plastics, such as ABS and glass-filled plastics, and combinations of metals and synthetic materials.
- 9. The sports trap of claim 1, wherein said resilient archable members comprise one or more of metals, metallic alloys and synthetic materials.
- 10. The sports trap of claim 9, wherein said metals, metallic alloys and synthetic materials comprise one or more from the group consisting of aluminum, iron, steel, copper, brass and magnesium, and alloys thereof, and synthetic materials from the group consisting of fiberglass, carbon fiber, synthetic composites, and plastics, such as ABS and glass-filled plastics, and combinations of metals and synthetic materials.
- 11. The sports trap frame of claim 1, further comprising a net element disposed between at least a portion of said face frame and at least a portion of said base frame.
- 12. The sports trap of claim 11, wherein said net element is disposed from at least a portion of said face frame such that a significant portion of the mass of said net element is slackly disposed for absorbing the impact of a sports object propelled within the margins of said frame.

- 13. The sports trap of claim 12, wherein said significant portion of said net element mass is at least 35% of the total mass of said net element.
- 14. The sports trap of claim 12, wherein said significant portion of said net element mass is at least 55% of the total mass of said net element.
- 15. The sports trap of claim 12, wherein said net element is provided with means for holding one or more supplemental weights to increase the mass of said net element.
- 16. The sports trap of claim 12, wherein said means for holding supplemental weight comprises one or more from the group consisting of pockets and sleeves provided within or on the surface of said net element, clips provided on said net element or on said supplemental weights.
- 17. The sports trap frame of claim 1, wherein said frame is constructed and arranged to be self-erecting.
- 18. The sports trap frame of claim 17, wherein said first and said second connectors are attached to said face frame elements and said base frame elements such that the torsional forces incident to the junctions between said connectors and said resilient arcuate members aid in said self-erecting.
- 19. The sports trap frame of claim 1, further comprising strap means disposed between said connectors, or between portions of said base frame adjacent to said connectors, wherein the length of said strap means determines the distance between said connectors.
- 20. The sports trap frame of claim 1, wherein the length of said strap means is adjustable.
- 21. The sports trap frame of claim 1, further comprising a halo, wherein said halo is constructed and arranged to be disposed adjacent at least a portion of said face frame and outside the margins of said resilient arcuate member, wherein said halo is disposed to increase the visibility of said frame.

- 22. The sports trap frame of claim 21, wherein said halo further comprises sleeve means constructed and arranged for receipt of one or more of lighting means, signage and means for biasing said halo outwardly.
- 23. The sports trap frame of claim 21, wherein said halo comprises one or more of high-visibility materials, synthetic or natural fabrics and polymer sheeting.
- 24. The sports trap frame of claim 21, wherein said halo is one or more of iridescent, fluorescent, reflective, fringed, transparent, spangled, translucent and partitioned.
- 25. The sports trap frame of claim 21, wherein said halo is reversibly removable from said frame.
- 26. The sports trap frame of claim 1, further comprising an apron, wherein said apron is constructed and arranged to be disposed adjacent at least a portion of said face frame and inside the margins of said resilient arcuate member, wherein said apron is disposed to increase the visibility of said frame.
- 27. The sports trap frame of claim 26, wherein said apron further comprises sleeve means constructed and arranged for receipt of one or more of lighting means, signage and means for biasing said apron inwardly.
- 28. The sports trap frame of claim 25, wherein said apron comprises one or more of high-visibility materials, synthetic or natural fabrics and polymer sheeting.
- 29. The sports trap frame of claim 25, wherein said apron is one or more of iridescent, fluorescent, reflective, fringed, transparent, spangled, translucent and partitioned.
- 30. The sports trap frame of claim 27, wherein said apron is reversibly removable from said frame.
- 31. The sports trap frame of claim 11, further comprising at least one target.

- 32. The sports trap frame of claim 31, wherein said at least one target is disposed within the margins of said face frame.
- 33. The sports trap frame of claim 30, wherein said at least one target comprises one or more pockets disposed within said net element, one or more target frames suspended from said trap frame or from said net element, said target frames comprising means for holding a sports playing object when it is propelled to reside within the margins of said target, and one or more portions of said net element of a color contrasting to that of the remainder of the net element.
- 34. The sports trap frame of claim 11, wherein said net element is provided in at least one high-visibility material or in at least one high-visibility color.